Level 4 CrossFit Seattle

LEVEL 2

A	GREEN Level 2 intermediate athlete	B	GREEN Level 2 intermediate athlete	C	GREEN Level 2 intermediate athlete
hips	***squats:*** 100 air squats ***barbell squat:*** 20 × .5 bodyweight ***barbell back squat:*** 3 × .75 bodyweight ***deadlift:*** 3 × 1.25 bodyweight	**hips**	***barbell squats:*** 20 × .6 bodyweight ***barbell squats:*** 3 × 1 bodyweight ***deadlift:*** 3 × 1.35 bodyweight	**hips**	***single leg squats:*** 3/leg ***barbell squats:*** 20 × .75 bodyweight ***barbell squats:*** 3 × 1.15 bodyweight ***deadlift:*** 3 × 1.5 bodyweight
push	***push ups:*** 20 ***ring push-ups:*** 12 ***dips:*** 5 ***weighted dips:*** 3 + .1 bodyweight ***military press:*** 8 × .5 bodyweight ***wall handstand:*** 1:00 hold	**push**	***push-ups:*** 25 ***ring push-ups:*** 15 ***dips:*** 8 ***weighted dips:*** 3 + .25 bodyweight ***ring dips:*** 3 ***military press:*** 3 × .55 bodyweight ***free standing handstand:*** :05 hold	**push**	***push ups:*** 30 ***ring push-ups:*** 20 ***dips:*** 12 ***weighted dips:*** 3 + .4 bodyweight ***ring dips:*** 5 ***military press:*** 3 × .6 bodyweight ***free standing handstand:*** :15 hold ***wall headstand push-ups:*** 3
pull	***pull-ups:*** 5 ***weighted pull-ups:*** 3 + .1 bodyweight ***ring rows:*** 12 @ horizontal ***rope pull-ups:*** 3 ***bent over row:*** 5 × .6 bodyweight	**pull**	***pull-ups:*** 8 ***chest to bar chin-ups:*** 3 ***weighted pull-ups:*** 3 + .25 bodyweight ***muscle-up:*** 1 ***ring rows:*** 15 @ horizontal ***rope pull-ups:*** 5 ***bent over row:*** 5 × .7 bodyweight	**pull**	***pull-ups:*** 12 ***chest to bar chin-ups:*** 5 ***weighted pull up:*** 3 + .4 bodyweight ***muscle up:*** 3 ***ring rows:*** 20 @ horizontal ***archer ring rows:*** 3/3 ***rope pull-ups:*** 8 ***rope climb:*** ↑ 20', no feet ***bent over row:*** 5 × .8 bodyweight
core	***seated V-ups:*** 15 ***hanging straight leg raise:*** 3 ***L-sit:*** :30 hold ***knee ab roll-out*** × 3	**core**	***seated V-ups:*** 30 ***hanging straight leg raise:*** 8 ***ring L-sit:*** :05 hold ***knee ab roll-out*** × 5	**core**	***overhead squat:*** 10 × .5 bodyweight ***hanging straight leg raise:*** 15 ***rings L-sit:*** :15 hold ***knee ab roll-out*** × 8
work	***barbell thrusters:*** 45 × .25 bodyweight ***2 kettlebell clean & jerk:*** 20 women 12Kg, men 16Kg ***500 meter row:*** women 2:00 men 1:45 ***5 Km run:*** 27:00	**work**	***barbell thrusters:*** 45 × .4 bodyweight ***2 kettlebell clean & jerk:*** 35 women 12Kg, men 16Kg ***1000 meter row:*** women 4:20 men 3:40 ***5 Km run:*** 25:00	**work**	***barbell thruster:*** 45 × .5 bodyweight ***2 kettlebell clean & jerk:*** 50 women 12Kg, men 16Kg ***2000 meter row:*** women 8:50 men 7:30 ***5 Km run:*** 22:30
speed	***400 meter run:*** 1:34 minutes ***barbell power clean:*** 3 × .5 bodyweight ***barbell power snatch:*** 3 × .3 bodyweight	**speed**	***800 meter run:*** 3:20 minutes ***barbell power clean:*** 3 × .6 bodyweight ***barbell power snatch:*** 3 × .4 bodyweight	**speed**	***1 mile run:*** 7 minutes ***barbell power clean:*** 3 × .75 bodyweight ***barbell power snatch:*** 3 × .5 bodyweight

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